



City of Somerville

August 2021

## Council on Aging News

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Dear Friends,

July 12th marked the first day that we were able to welcome you back into our center. After 16 months of bringing you virtual programming and waving to you through car windows, we were able to be together in the same space. Despite increased social distancing and masks, there was laughter and smiles abound as we moved with Steve and crossed our fingers during our first games of Bingo. As we move into August our in-person programming continues to grow with the return of our nutrition groups and our men's group is gearing up to return after Labor Day.

I want to take a moment to thank all of you who have participated in our programming; virtually or in-person, for being so flexible and for trying something new. The pandemic has affected each of us in different ways; the kindness and grace that each of you has demonstrated as we enter this new phase of the pandemic makes a difference as we navigate these changes together.

We can't wait to see you at our centers in August, or perhaps we will see you during our of our mini celebrations! Throughout the month of August, we will be traveling to senior housing buildings to bring grab and go style lunches—give us a call to find out when we will be at your building! If you don't live in one of our senior buildings, we hope to see you at our mini-celebration at the Ralph and Jenny Center on August 24<sup>th</sup>!

~Ashley

## *Social Work Corner with Natasha Naim*

### **Job Training Available from Operation ABLE!**

If you are a resident of Massachusetts, over the age of 55, unemployed, and interested in working remotely, you may be eligible for an exciting, new and innovative skills training program.

Operation ABLE of Greater Boston, in partnership with the Executive Office of Elder Affairs, will soon be launching the **ABLE Remote Employment Skills Training Program**.

This **free** 20-week program funded by the US Department of Labor provides individuals over the age of 55 with the skills, experience, and understanding needed to be able to work effectively in a remote or hybrid environment. The program, which will be offered virtually, will include instruction in computers and job searches as well as components in customer service, accounting, or medical administration.

Access to computers through a loaner laptop program may also be available for those participants requiring technology to study and work from their homes.

The first training cycle starts September 13, 2021 with two more cohorts to start in the Winter and Spring.



If you are interested in applying and/or looking for more information, *please contact Mark Gyurina at Operation ABLE, 617-542-4180 or via email at [mgyurina@operationable.net](mailto:mgyurina@operationable.net)*

## *Prevention Corner from Somerville Prevention Services*

Last month we talked about how youth exposure to substance use can often start at home. Did you know that 17% of all Somerville High School students have been exposed to cigarette smoking at home? This is down from 21% in 2018! Let's continue to reduce youth exposure at home to substance use.

Youth exposure to substance use also often occurs via directed advertising. Companies target younger individuals by using several marketing techniques designed to appeal to them. These could include bright colors, using young people in their advertisements, offering a multitude of different flavors, and using cartoon images to create lifelong users.

Advertising to youth is not just limited to TV commercials; advertising exists across a wide range of formats. Billboards, social media ads, posters in convenience stores, and even a product's packaging can make substance use seem fun, cool, and exciting. We encourage you to look around your community and neighborhoods for examples of advertising, and see what you notice! Let's continue to work on reducing youth exposure to substance use by being more aware of the multitude of advertising techniques!



### *Music and Movement with Steve*

***Thursday, August 19th at 3:30pm***

***In Person at the Holland St. Center***

Join Steve as he plays guitar, sings and leads gentle movements. Just tapping your toe or singing along can help move your body in new ways.

***Participation is limited, please RSVP to Debby at  
dhiggins@somervillema.gov or 617-625-6600 ext. 2321.***



## *Nutrition with Mary Marshall*



### *Raw Food vs. Cooked Food*

Cooking foods can decrease water-soluble and heat-sensitive nutrients like vitamin C and some types of antioxidants. Different types of cooking methods have varying effects and in general more nutrients are lost with higher cooking temperatures, longer cooking times, and immersing foods in water. For example, water-soluble antioxidants called glucosinolates in cauliflower and broccoli are lost during boiling, but unchanged with steaming. However, cooking some vegetables actually increases the ability of our body to digest some types of nutrients, such as the carotenoids in carrots and lutein in tomatoes. Cooking also kills harmful microbes that can cause food poisoning.

The raw foods diet theory that cooking destroys the enzymes in foods necessary for digestion and nutrient absorption is false. Our body produces enzymes to digest food and absorb nutrients and the enzymes in foods are deactivated by stomach acidity. A meta-analysis of nutrient intakes of people who eat raw food vs cooked food showed vitamins A, B6, C and E; folate, copper and potassium. However, some nutrients are lower: protein, vitamin B12, phosphorus, and zinc. People who eat a raw foods diet tend to consume less total fat, saturated fat, and cholesterol primarily because they are not eating animal products or dairy foods that are higher in these nutrients. They also tend to consume less sodium because they are not eating processed foods. (Lynn Grieger, RDN, CDE).

There is currently no research on any nutrient differences between people who eat a raw diet and those who eat a cooked vegan diet. In general, people who eat a plant-based diet have lower rates of heart disease.

For questions or to share ideas, please email Mary Marshall at [headtofitness10@yahoo.com](mailto:headtofitness10@yahoo.com) or call 617 625-6600 ext. 2316

## *Upcoming In Person Nutrition Classes*

A new series of *Nutrition Classes* will begin the week of *August 2nd*.

*Mondays at 1:00 pm at the Ralph and Jenny Center*  
*Wednesdays at 11:00 am at the Holland Street Center*

*New and returning members are welcome!*

To *RSVP* please call *Mary* at 617-625-6600 ext. 2316 or e-mail her at *headtofitness10@yahoo.com*

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### *Health and Wellness with Chris*

Self-care is one of the most important things we can do for ourselves, and neglecting or diminishing the importance of self-care is a bad habit that many of us start early on. According to the U.S. Travel Association, “more than half of Americans don’t use all of their paid vacation days due to worries at work”. As we age, there is a high likelihood that the poor habits we develop through our earlier years of life will carry on as we grow older. Prioritizing self-care allows us to manage stress, develop healthy routines and live a healthier lifestyle. The good news is, bad habits can be broken and small changes at any age can impact your health in a positive way.

In 2018, the month of August became National Wellness Month to help promote self-care. Whether it’s taking a day off from work, scheduling your annual physical exam, trying out an exercise or nutrition class or laughing with friends at lunch, we encourage you to focus on caring for your mental, physical and emotional well-being this month.





## *Music and Munch*

*Wednesday, August 4th & August 25th  
from 12:00 pm-1:00 pm*

Join us online via Zoom or by phone to learn, sing-along, relax and enjoy some music while you munch.

**To RSVP call Debby at 617-625-6600 ext. 2321 or e-mail her at [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)**

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## *Mental Health Awareness*

*Tuesday, August 10th from 11:30 am-12:30 pm in person  
at the Holland Street Center*

The Somerville Council on Aging, in partnership with Roberta Robinson, from Cambridge Health Alliance, will be continuing our Mental Health Awareness series. Every month Roberta discusses new and interesting topics in regards to mental health. **Attendance is limited. Please contact Natasha by either calling 617-625-6600 ext. 2317 or e-mail [nnaim@somervillema.gov](mailto:nnaim@somervillema.gov)**

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## *Caregiver check-in*

*Tuesday, August 24th from 11:30-12:30, via Zoom*



Are you a caregiver for a loved one and want to connect with other caregivers? Would you like to discuss the joys and challenges of caregiving? The Somerville Council on Aging is hosting a monthly check-in via Zoom for caregivers. **To RSVP please contact Natasha at 617-625-6600 ext. 2317 or e-mail her at [nnaim@somervillema.gov](mailto:nnaim@somervillema.gov)**

## *Book Club*



***Friday, August 20th from 10:00 am -11:00 am in person  
at the Holland Street Center***

Do you love books and want to discuss your love of reading with others?  
Consider joining book club. ***Participation is limited, please RSVP to Natasha  
at [nnaim@somervillema.gov](mailto:nnaim@somervillema.gov) or 617-625-6600 ext. 2317.***

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## *Men's Group*

***September 7th***

***In person at the Holland St. Center***

Our popular men's group will be returning to in person programing this  
September, new and returning members are welcome.

***Please RSVP to Debby at [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)  
or 617-625-6600 ext. 2321.***

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## *Bingo*

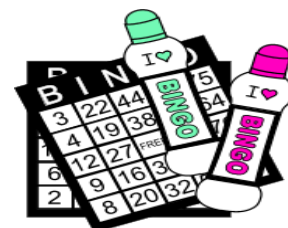
***Join us for in person Bingo! As participation is limited, please sign up for  
one of the sessions listed below.***

***Friday, August 27th at 10:00 am at the Holland Street Center***

***Tuesday, August 31st at 10:00 am at the Ralph & Jenny Center***

***Registration will begin on Tuesday August 3rd.***

***To register please call Debby directly at  
617-625-6600 ext. 2321 or email her at  
[dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)***



## A mini-celebration at The Ralph and Jenny Center!

Please join us on  
*Tuesday, August 24th at 11:30am*  
at The Ralph and Jenny Center



For our mini-celebration boxed lunch pick up.  
Please reserve your lunch by calling Connie at 617-625-6600  
extension 2319 *prior to August 20th.*



City of Somerville

**Council on Aging**

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